

Herbal Soy Chip Recipe

This **Herbal Soy Chip and Mushroom Medley** is a wholesome, aromatic dish that combines the earthy flavours of mushrooms, black fungus, and red dates with the satisfying texture of soy chips. Infused with the warmth of ginger and the subtle sweetness of goji berries, this dish is a perfect balance of savoury and herbal notes. The soy chips, lightly pan-fried and steamed, absorb the rich, umami-packed broth, creating a delightful contrast of crispy and tender textures.



Sample Recipe

	Recipe serves	Prepared for
	4	4

Ingredient	Amount	Scaled amount
Soy chips (soy beancurd)	5 ----	5 ----
Black fungus	10 ----	10 ----
Pit-less Red dates (Cut into halves)	5 ----	5 ----
Mushrooms (remove stalk)	8 ----	8 ----
Veg. Mutton	6 ----	6 ----
Ginger (sliced thinly)	10 g	10 g
Goji berries	10 g	10 g
Seasoning :		
Corn Flour (for thickening) (tsp)	1 1/2	1 1/2
Salt (to taste)		
Veg. Oyster sauce (Tbsp)	1 1/2 ----	----
Mushroom powder (tsp)	1 ----	----
Pepper (a pinch)		
Sesame oil (to taste)		

Shopping List

Ingredients	Have it	Quantity
Soy chips (soy beancurd)	<input type="checkbox"/>	
Black fungus	<input type="checkbox"/>	
Red dates (Cut into halves)	<input type="checkbox"/>	
Mushrooms (remove stalk)	<input type="checkbox"/>	
Veg. Mutton	<input type="checkbox"/>	
Ginger (sliced thinly)	<input type="checkbox"/>	
Goji berries	<input type="checkbox"/>	
Seasoning :	<input type="checkbox"/>	
Corn Flour (for thickening)	<input type="checkbox"/>	
Salt (to taste)	<input type="checkbox"/>	
Veg. Oyster sauce (Tbsp)	<input type="checkbox"/>	
Mushroom powder (tsp)	<input type="checkbox"/>	
Pepper (a pinch)	<input type="checkbox"/>	
Sesame oil (to taste)	<input type="checkbox"/>	
	<input type="checkbox"/>	

Sample Instructions

- Preparation :
Cut the red dates into 5 or 6 pieces.. Remove the stalks from the mushrooms and slice them.
Thinly slice the ginger. Slice the black fungus into bit-sized pieces. Cut Veg. Mutton into 4 or 5 pieces.
- Cook the Soy Chips (Soy beancurd) :
Lightly pan-fry the soy chips on both sides with a little oil until golden. Set aside to cool. Place in a Pyrex dish or a deep plate, and cut into smaller pieces if needed.
- Stir-Fry the Ingredients :
In the same pan, sauté the sliced ginger until fragrant. Add mushrooms and veg. Mutton, and stir-fry for 2-3 minutes. Toss in the black fungus and red dates, cook for another 2 mins.
- Simmer the Broth :
Add 1 bowl of hot water (80ml) to the pan. Season with salt, mushroom powder, vegetarian oyster sauce and pepper. Bring a gentle boil, then reduce to medium heat. Add goji berries, cover with a lid, and let it simmer for 20 mins.
- Prepare the Starch mixture :
While the broth simmers, mix corn flour with water to create a slurry for thickening.
- Assemble the Dish :
Cut the pan-fried soy chips into smaller pieces and place them in a heatproof dish (such as PYREX)
Once the broth is ready, stir in the corn flour slurry to thicken the sauce. Pour hot thickened sauce over the soy chips in the dish.
- Finish and serve :
Drizzle a few drops of sesame seed oil over the dish for added aroma. Dish out and serve hot, ideally with steamed rice or as a standalone dish.

